

John McMullin, HC, CHt

presents

Four Day Workshop in Carlsbad, CA

October 18 – 21, 2018

10am - 7pm each day



- Self-Leadership
- Discovering the Message Beneath Stories
- The Light and Shadow of Anxiety
- Blaming to Hide the Shame of Self

Thursday: *Self-Leadership*

Participants will embrace the difference between leadership and management and apply these principles to their interior journey. In this class you will learn to trust your own GPS to connect mind and heart. Navigating challenges with leadership as compared to management control dramas allows us to respond rather than react.

Friday: *Discovering the Message Beneath Stories*

What if we discover that our ego creates stories attached to our past experiences to “make sense” of reactive behavior? Participants will learn how to listen to the stories and hear the hidden messages that separate intimacy from rationalization.

Saturday: *The Light and Shadow of Anxiety*

Many of us carry a great deal of stress and anxiety from the conflict created by our own ego perceptions. If we could witness how anxiety can be our friend or enemy through witnessing rather than participating, we can bring harmony to the holy trinity of mind, body, spirit.

Sunday: *Blaming to Hide the Shame of Self*

Once we learn the paradox between blame and shame we can witness the illusion of this power and choose not to be seduced by the projections of self or others. The class will use liberating language for functional acceptance and compassion rather than dysfunctional hiding.

Location: Tamarack Beach Resort and Hotel
3200 Carlsbad Boulevard
Carlsbad, California 92008
760.729.3500

Cost: Thursday, Friday, Saturday, and Sunday – \$700
(includes 60 minute scheduled phone Coaching session)
Single Class: \$200 per day
Time: 10:00am – 7:00pm each day

Please register by September 28

Register online at <http://www.journeysofwisdom.com/ecommerce/special-events> or contact Bonnie at 614.888.1240.